



# Tools For Action

A sample of physical education initiatives in Wisconsin

## All Elementary Schools Walk Day

### Contact Information

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### Program Information

<b>Program Name</b>
All Elementary Schools Walk Day
<b>Program Category</b>
All school PE events or activities
<b>Grade Level</b>
High School (9-12)
<b>Assessment Method</b>

### Program Information

#### Products Developed or Materials Used:

#### Program Description:

Each May, one day is set aside for all elementary students from three schools to walk with parents, administrators and teachers to the high school track and football field. The 600-800 students are led by high school track athletes, poms, and other designated teams through a group warm up, a variety of fun physical activities and drills, and a cool down. They then walk back to their respective elementary schools - each about a mile away. They have a second day called "Olympic Days" where they participate in a variety of simple competitions at their own school. We are in the process of planning a "Walking Wednesdays" where senior citizens will join the elementary students to walk before school and then have breakfast together on designated Wednesdays. Students will get a punch card to record their days and then receive some sort of award for participating. We are in the planning stage for this. It will tie in with National Walk to School Day in the fall and with our above end of the year march to the high school in the spring.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at [jon.hisgen@dpi.state.wi.us](mailto:jon.hisgen@dpi.state.wi.us)

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at [brian.weaver@dpi.state.wi.us](mailto:brian.weaver@dpi.state.wi.us)

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: [Meineam@dhfs.state.wi.us](mailto:Meineam@dhfs.state.wi.us) (Amy Meinen, Nutrition Coordinator)  
[Morgaig@dhfs.state.wi.us](mailto:Morgaig@dhfs.state.wi.us) (Jon Morgan, Physical Activity Coordinator)  
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